

Heart and Home Problems

MRS. ELIZABETH THOMPSON

In reply to J. M. H.: You should consult with a good physician before you decide to accept the position out of town.

I should say that your wife is in need of strong discipline to bring her out of her present condition. Probably you have always done all the sacrificing and she is so used to it that she would not be willing to move away even for your good.

Do not make all the sacrifices. If you take this step do so fearlessly and do not let her tears or hysteria weaken you.

Probably her condition is mental rather than physical. She imagines a great deal of her suffering. If you can, take her to a nerve specialist in some large city, and have him diagnose the case.

Dear Mrs. Thompson: I am a young bride of two months. Before I was married my husband was very thoughtful and inconsiderate. He could not resist going with certain girls, but I forgave him.

We live with the people, and every night since we were married he has left me and gone uptown. Do you think he still goes with girls even

though he is married. He still thinks a great deal of the one girl he used to go with before he met me. I believe. Do you think he just married me for spite?

WORRIED. I have no way to judge why your husband married you or whether he is faithful now. You should insist upon living in a home by yourselves. Unless you can make a home for him, you and he will grow apart. He certainly should not go away every evening and leave you.

Dear Mrs. Thompson: I have been going with a boy ever since I moved to this town. I loved him from the first time I saw him and he seemed to love me. But this morning he didn't even speak. He talked to the girl I was with. I can't get along without him. What can I do to win his love?

WONDERING E. We have to do a lot of things which we think at first it will be impossible to do. Your only course is to give up the boy absolutely. Do not think about him or expect him to return. Time softens even the deepest suffering. If you are brave at first you will find it as hard as you expect to forget the boy.

metals and welding materials, his heating apparatus and boilers. When he was at work he was a different fellow from the carefree chap of the drawing room. In his khaki trousers and blue flannel shirt, sleeves rolled up and face smudged, he was the personification of industry and resolution.

The Ferrol children worshipped him as a sort of composite fairy godfather. Little Jack was in a chronic state of beatitude, for if he was not actually playing with Uncle Ned's drills and hammers, he was always hoping to be given that delectable treat if he was "a good old scout and did everything his mother and sister told him to."

And while Edith's days were fuller than ever and her money problems heavier—for divide a cent did young brother contribute to the household budget, and sakes alive, he did eat hearty—she was happy and her heart was full of hope.

(To be continued.)

Whitewater, Ind.

As there were no new cases of influenza the schools opened Monday after being closed four weeks on account of influenza. Mrs. Anna Metchner received word that her son, Donald Mutchner of the Great Lakes is in the hospital with the mumps. Mr. and Mrs. George Weller and son, Lawrence, Mr. and Mrs. Fred Davis of Richmond was the guest of Mr. and Mrs. Dave Weller and son Sunday. Mrs. Alva Murphy and daughter of Richmond is spending the week with Mr. and Mrs. Cal Eastman. Max Addleman and Willard Blose spent Sunday with Gayle Hunt. W. G. White spent Saturday and Sunday with Mr. and Mrs. Bert White and son, Leon, of Leesportville. Mrs. Thomas of Hollansburg was the guest of Mr. and Mrs. Oran Staley last Friday. Mr. and Mrs. Harry Robertson

GOVERNOR'S WIFE QUILTS MUNITION PLANT TO AID VICTIMS OF INFLUENZA EPIDEMIC



Mrs. Westmoreland Davis, wife of Virginia governor, at bedside of influenza victim.

Mrs. Westmoreland Davis, wife of the governor of Virginia, is setting an example in patriotic service for her sisters in the state to follow. Until recently Mrs. Davis had been working regularly in the powder department of a munition plant, going from the executive mansion to her bench every day. When the influenza epidemic broke out and the need for nurses became acute, Mrs. Davis felt she could better aid her country in fighting the "flu" and became a nurse at the John Marshall high school emergency hospital. She is shown above at work. She is wearing a mask to protect herself from the disease germs.

Morris Burt and family Sunday. Elmer Newton spent Saturday and Sunday with Mr. and Mrs. Ray Bar-

110 Are Registered in Night School Classes

Machinery is being placed in the high school machine shop this week by Vocational Director Moller before he leaves for St. Louis on Saturday. The machine shop when complete will have six lathes, one planer, one milling machine, an emery stand, a high speed power saw, a high speed sensitive drill and drill press. One hundred and ten students registered for the night school Monday and they will probably continue to register this evening. All the classes are large.

BIDS FOR ELECTRIC CURRENT.

OXFORD, O., Nov. 5.—The village council met last evening to receive bids for furnishing electric current to the town. Robert Ashe, of Richmond, has a bid in; also a Middletown company. It is more than likely that council will award a contract, as the members are tired of putting up money for the municipal plant.

Alexander. Mrs. Erna Anderson and Jimmy Anderson was the guest of Mr. and Mrs. Will Curtis Sunday afternoon. Mr. and Mrs. Sammie Roberts and daughter spent Sunday afternoon with Mr. and Mrs. O. M. Jennings. Mr. and Mrs. Darling of Collett, Ind., was the guest of Mr. and Mrs. W. L. Henry Sunday. Churches were opened last Sunday. Rev. Livingston preached last Sunday night and he gave us an excellent sermon. Deskin Jones, another one of our boys will leave next Monday for Camp Wadsworth, S. C. That will be thirty-six that has gone from Franklin township.

THE STRUGGLE

BY ZOE BECKLEY

FORTUNE BECKONS

Edith's brother, Edgar Flowerton, was one of those happy-go-lucky creatures who, having no grudge against life, radiate friendliness and cheer as a comfortable pussycat gives off purrs. Edgar had supreme confidence in himself. He took failures with the nonchalance of a juggler who drops a ball or two just to show you the difficulty of his feat and the ultimate triumph of his skill.

He seemed to think everybody was or ought to be interested in his work, just as they would be in a new invention of Edison's. Had any stranger on the street walked up to Flowerton and said, "I know you; you're the young chap who has thought out that instantaneous waterheater! I want the honor of helping you to succeed. Take this million dollars and do with it as you please!" Edgar would have accepted the aid without surprise or any particular sense of obligation. He would have smiled his appreciation and entertained the benefactor with his own money, but with such charm that the man would have failed afterward to recall whether his debtor had promised to repay or not.

Ned had not been at the Ferrol home a week before all Arcadia was more or less under the spell of his handsome person, his gay manner and the air of success he managed to throw about him.

Only John Ferrol regarded his debonaire brother-in-law with unimpassioned friendliness. Ferrol had painstakingly examined Ned's invention and was a good deal surprised at the boy's ingenious work. He believed there was something practical there, and something profitable if certain details could be worked out, the model completed, the patents acquired. He must keep Ned steadily at work, that was the main thing.

The contrivance was for small houses and claimed a vast improvement over any heater yet devised. Soon the Blakes and the Penns and other neighbors of the Ferrols were interested in it. And all the women of all ages were interested in Ned himself. There was no mistaking that.

Edith, womanlike, was proud of her good-looking brother. She forgave Lil Blake for past offenses great and small as soon as Lil began to rave over Edgar, and promptly invited her and her debutante niece for luncheon. When Martha Penn told Edith that Ned Flowerton had the most charming manners and delightful personality she had ever seen, Edith's heart warmed more to her than ever. She told everybody that she "had brought him up," though as a matter of fact she was but six years his senior and had not

laid eyes on Ned since four summers before.

In short, Edith Ferrol was joyously happy at Ned's coming and listened eagerly when John one night said with wholesome earnestness: "Well, Edie, guess we'll have to put up our surplus on friend brother's little toy! I've had Thomasen from the Light and Power Company look the thing over and he's sure it's a go. Al Blake and a mechanical chap he knows think the same and advise me to take the invention seriously. Ned says it positively won't take more than five hundred dollars to put the finished heater on the market and I—well, girl, I'm going to advance him enough right away to complete the working model. If that proves up, I really think we'd better risk the rest."

Edith's eyes filled. "Oh, you dear old boy!" she whispered into his neck, her voice husky with love and gratitude. "You will never regret it! Ned won't disappoint us. I know he has genius; somehow I—I've always felt it."

It was a poor argument, but it had its weight with Ferrol nevertheless, for he loved his wife, had faith in her judgment, and was fast losing his doubts of Edgar's ability.

And sure enough, the boy did set to work in dead earnest. He fitted up the Ferrol cellar with his "junk," as he cheerfully called his tools, his

FEEL MISERABLE FROM THAT COLD?

Colds and coughs are quickly relieved by Dr. King's New Discovery

Nobody should feel "perfectly miserable" from a cold, cough or bronchitis. Get relief for very long. For it takes only a little while to relieve it and get back on the road to recovery when Dr. King's New Discovery is faithfully used. It soon loosens the phlegm, relieves irritation, soothes the parched, sore throat, brings comfort.

Half a century old and more popular today than ever. 60c and \$1.20.

Make Your Bowels Behave

Make them function with gratifying precision. If regulation of the diet does not relieve their torpidity Dr. King's New Life Pills will. They are perfect bowel trainers, cleanse the system surely, comfortably. 25c.



Meat-Saving Dishes

deliciously and economically Made Without Eggs

Meat-saving dishes become full-fledged money-saving dishes using SA-VAN-EG. For this pure, wholesome baking compound doesn't cost one-quarter as much as egg.

You'll use SA-VAN-EG with complete success the first time. Where the recipe calls for egg, you simply use teaspoon of SA-VAN-EG with 1/4 less shortening. It thickens, lightens and leavens. Try it. Test it out for yourself.

SA-VAN-EG

is indeed a timely help for the thrifty housewife. There are 36 teaspoonsful in the 25c package—it goes a long way. It is always ready. It never will deteriorate. Is as easy to use as sugar. Use it in all your baking and cooking. You'll save dollars and dollars on your egg bill, and results will delight you. Use SA-VAN-EG in cookies, puddings, desserts, salad dressing, breadings, muffins, gravies—in everything, in fact, where ordinarily you have used eggs. Buy SA-VAN-EG at your grocers. The 25c package saves over \$1.

THE NACMA COMPANY
Chicago Manufacturers

CORNMEAL FISH CAKES
2 level cups cold cornmeal mush, 1 level cup shredded fish, 1 level teaspoon SA-VAN-EG dissolved in 1/2 cup water, 1 level teaspoon salt, 1 level tablespoon oil, 1 level tablespoon milk, 1 level tablespoon butter, 1 level tablespoon onion, 1 level tablespoon parsley, 1 level tablespoon celery, 1 level tablespoon dill, 1 level tablespoon lemon juice, 1 level tablespoon vinegar, 1 level tablespoon Worcestershire sauce, 1 level tablespoon ketchup, 1 level tablespoon mustard, 1 level tablespoon catsup, 1 level tablespoon mayonnaise, 1 level tablespoon cream, 1 level tablespoon sugar, 1 level tablespoon salt, 1 level tablespoon pepper, 1 level tablespoon onion powder, 1 level tablespoon garlic powder, 1 level tablespoon paprika, 1 level tablespoon cayenne, 1 level tablespoon turmeric, 1 level tablespoon saffron, 1 level tablespoon annatto, 1 level tablespoon mace, 1 level tablespoon nutmeg, 1 level tablespoon cloves, 1 level tablespoon allspice, 1 level tablespoon cinnamon, 1 level tablespoon ginger, 1 level tablespoon cardamom, 1 level tablespoon fennel, 1 level tablespoon anise, 1 level tablespoon coriander, 1 level tablespoon cumin, 1 level tablespoon fenugreek, 1 level tablespoon flaxseed, 1 level tablespoon hempseed, 1 level tablespoon sunflower seed, 1 level tablespoon pumpkin seed, 1 level tablespoon sesame seed, 1 level tablespoon flaxseed oil, 1 level tablespoon hempseed oil, 1 level tablespoon sunflower seed oil, 1 level tablespoon pumpkin seed oil, 1 level tablespoon sesame seed oil, 1 level tablespoon flaxseed meal, 1 level tablespoon hempseed meal, 1 level tablespoon sunflower seed meal, 1 level tablespoon pumpkin seed meal, 1 level tablespoon sesame seed meal, 1 level tablespoon flaxseed bran, 1 level tablespoon hempseed bran, 1 level tablespoon sunflower seed bran, 1 level tablespoon pumpkin seed bran, 1 level tablespoon sesame seed bran, 1 level tablespoon flaxseed hulls, 1 level tablespoon hempseed hulls, 1 level tablespoon sunflower seed hulls, 1 level tablespoon pumpkin seed hulls, 1 level tablespoon sesame seed hulls, 1 level tablespoon flaxseed cake, 1 level tablespoon hempseed cake, 1 level tablespoon sunflower seed cake, 1 level tablespoon pumpkin seed cake, 1 level tablespoon sesame seed cake, 1 level tablespoon flaxseed meal, 1 level tablespoon hempseed meal, 1 level tablespoon sunflower seed meal, 1 level tablespoon pumpkin seed meal, 1 level tablespoon sesame seed meal, 1 level tablespoon flaxseed bran, 1 level tablespoon hempseed bran, 1 level tablespoon sunflower seed bran, 1 level tablespoon pumpkin seed bran, 1 level tablespoon sesame seed bran, 1 level tablespoon flaxseed hulls, 1 level tablespoon hempseed hulls, 1 level tablespoon sunflower seed hulls, 1 level tablespoon pumpkin seed hulls, 1 level tablespoon sesame seed hulls, 1 level tablespoon flaxseed cake, 1 level tablespoon hempseed cake, 1 level tablespoon sunflower seed cake, 1 level tablespoon pumpkin seed cake, 1 level tablespoon sesame seed cake, 1 level tablespoon flaxseed meal, 1 level tablespoon hempseed meal, 1 level tablespoon sunflower seed meal, 1 level tablespoon pumpkin seed meal, 1 level tablespoon sesame seed meal, 1 level tablespoon flaxseed bran, 1 level tablespoon hempseed bran, 1 level tablespoon sunflower seed bran, 1 level tablespoon pumpkin seed bran, 1 level tablespoon sesame seed bran, 1 level tablespoon flaxseed hulls, 1 level tablespoon hempseed hulls, 1 level tablespoon sunflower seed hulls, 1 level tablespoon pumpkin seed hulls, 1 level tablespoon sesame seed hulls, 1 level tablespoon flaxseed cake, 1 level tablespoon hempseed cake, 1 level tablespoon sunflower seed cake, 1 level tablespoon pumpkin seed cake, 1 level tablespoon sesame seed cake, 1 level tablespoon flaxseed meal, 1 level tablespoon hempseed meal, 1 level tablespoon sunflower seed meal, 1 level tablespoon pumpkin seed meal, 1 level tablespoon sesame seed meal, 1 level tablespoon flaxseed bran, 1 level tablespoon hempseed bran, 1 level tablespoon sunflower seed bran, 1 level tablespoon pumpkin seed bran, 1 level tablespoon sesame seed bran, 1 level tablespoon flaxseed hulls, 1 level tablespoon hempseed hulls, 1 level tablespoon sunflower seed hulls, 1 level tablespoon pumpkin seed hulls, 1 level tablespoon sesame seed hulls, 1 level tablespoon flaxseed cake, 1 level tablespoon hempseed cake, 1 level tablespoon sunflower seed cake, 1 level tablespoon pumpkin seed cake, 1 level tablespoon sesame seed cake, 1 level tablespoon flaxseed meal, 1 level tablespoon hempseed meal, 1 level tablespoon sunflower seed meal, 1 level tablespoon pumpkin seed meal, 1 level tablespoon sesame seed meal, 1 level tablespoon flaxseed bran, 1 level tablespoon hempseed bran, 1 level tablespoon sunflower seed bran, 1 level tablespoon pumpkin seed bran, 1 level tablespoon sesame seed bran, 1 level tablespoon flaxseed hulls, 1 level tablespoon hempseed hulls, 1 level tablespoon sunflower seed hulls, 1 level tablespoon pumpkin seed hulls, 1 level tablespoon sesame seed hulls, 1 level tablespoon flaxseed cake, 1 level tablespoon hempseed cake, 1 level tablespoon sunflower seed cake, 1 level tablespoon pumpkin seed cake, 1 level tablespoon sesame seed cake, 1 level tablespoon flaxseed meal, 1 level tablespoon hempseed meal, 1 level tablespoon sunflower seed meal, 1 level tablespoon pumpkin seed meal, 1 level tablespoon sesame seed meal, 1 level tablespoon flaxseed bran, 1 level tablespoon hempseed bran, 1 level tablespoon sunflower seed bran, 1 level tablespoon pumpkin seed bran, 1 level tablespoon sesame seed bran, 1 level tablespoon flaxseed hulls, 1 level tablespoon hempseed hulls, 1 level tablespoon sunflower seed hulls, 1 level tablespoon pumpkin seed hulls, 1 level tablespoon sesame seed hulls, 1 level tablespoon flaxseed cake, 1 level tablespoon hempseed cake, 1 level tablespoon sunflower seed cake, 1 level tablespoon pumpkin seed cake, 1 level tablespoon sesame seed cake, 1 level tablespoon flaxseed meal, 1 level tablespoon hempseed meal, 1 level tablespoon sunflower seed meal, 1 level tablespoon pumpkin seed meal, 1 level tablespoon sesame seed meal, 1 level tablespoon flaxseed bran, 1 level tablespoon hempseed bran, 1 level tablespoon sunflower seed bran, 1 level tablespoon pumpkin seed bran, 1 level tablespoon sesame seed bran, 1 level tablespoon flaxseed hulls, 1 level tablespoon hempseed hulls, 1 level tablespoon sunflower seed hulls, 1 level tablespoon pumpkin seed hulls, 1 level tablespoon sesame seed hulls, 1 level tablespoon flaxseed cake, 1 level tablespoon hempseed cake, 1 level tablespoon sunflower seed cake, 1 level tablespoon pumpkin seed cake, 1 level tablespoon sesame seed cake, 1 level tablespoon flaxseed meal, 1 level tablespoon hempseed meal, 1 level tablespoon sunflower seed meal, 1 level tablespoon pumpkin seed meal, 1 level tablespoon sesame seed meal, 1 level tablespoon flaxseed bran, 1 level tablespoon hempseed bran, 1 level tablespoon sunflower seed bran, 1 level tablespoon pumpkin seed bran, 1 level tablespoon sesame seed bran, 1 level tablespoon flaxseed hulls, 1 level tablespoon hempseed hulls, 1 level tablespoon sunflower seed hulls, 1 level tablespoon pumpkin seed hulls, 1 level tablespoon sesame seed hulls, 1 level tablespoon flaxseed cake, 1 level tablespoon hempseed cake, 1 level tablespoon sunflower seed cake, 1 level tablespoon pumpkin seed cake, 1 level tablespoon sesame seed cake, 1 level tablespoon flaxseed meal, 1 level tablespoon hempseed meal, 1 level tablespoon sunflower seed meal, 1 level tablespoon pumpkin seed meal, 1 level tablespoon sesame seed meal, 1 level tablespoon flaxseed bran, 1 level tablespoon hempseed bran, 1 level tablespoon sunflower seed bran, 1 level tablespoon pumpkin seed bran, 1 level tablespoon sesame seed bran, 1 level tablespoon flaxseed hulls, 1 level tablespoon hempseed hulls, 1 level tablespoon sunflower seed hulls, 1 level tablespoon pumpkin seed hulls, 1 level tablespoon sesame seed hulls, 1 level tablespoon flaxseed cake, 1 level tablespoon hempseed cake, 1 level tablespoon sunflower seed cake, 1 level tablespoon pumpkin seed cake, 1 level tablespoon sesame seed cake, 1 level tablespoon flaxseed meal, 1 level tablespoon hempseed meal, 1 level tablespoon sunflower seed meal, 1 level tablespoon pumpkin seed meal, 1 level tablespoon sesame seed meal, 1 level tablespoon flaxseed bran, 1 level tablespoon hempseed bran, 1 level tablespoon sunflower seed bran, 1 level tablespoon pumpkin seed bran, 1 level tablespoon sesame seed bran, 1 level tablespoon flaxseed hulls, 1 level tablespoon hempseed hulls, 1 level tablespoon sunflower seed hulls, 1 level tablespoon pumpkin seed hulls, 1 level tablespoon sesame seed hulls, 1 level tablespoon flaxseed cake, 1 level tablespoon hempseed cake, 1 level tablespoon sunflower seed cake, 1 level tablespoon pumpkin seed cake, 1 level tablespoon sesame seed cake, 1 level tablespoon flaxseed meal, 1 level tablespoon hempseed meal, 1 level tablespoon sunflower seed meal, 1 level tablespoon pumpkin seed meal, 1 level tablespoon sesame seed meal, 1 level tablespoon flaxseed bran, 1 level tablespoon hempseed bran, 1 level tablespoon sunflower seed bran, 1 level tablespoon pumpkin seed bran, 1 level tablespoon sesame seed bran, 1 level tablespoon flaxseed hulls, 1 level tablespoon hempseed hulls, 1 level tablespoon sunflower seed hulls, 1 level tablespoon pumpkin seed hulls, 1 level tablespoon sesame seed hulls, 1 level tablespoon flaxseed cake, 1 level tablespoon hempseed cake, 1 level tablespoon sunflower seed cake, 1 level tablespoon pumpkin seed cake, 1 level tablespoon sesame seed cake, 1 level tablespoon flaxseed meal, 1 level tablespoon hempseed meal, 1 level tablespoon sunflower seed meal, 1 level tablespoon pumpkin seed meal, 1 level tablespoon sesame seed meal, 1 level tablespoon flaxseed bran, 1 level tablespoon hempseed bran, 1 level tablespoon sunflower seed bran, 1 level tablespoon pumpkin seed bran, 1 level tablespoon sesame seed bran, 1 level tablespoon flaxseed hulls, 1 level tablespoon hempseed hulls, 1 level tablespoon sunflower seed hulls, 1 level tablespoon pumpkin seed hulls, 1 level tablespoon sesame seed hulls, 1 level tablespoon flaxseed cake, 1 level tablespoon hempseed cake, 1 level tablespoon sunflower seed cake, 1 level tablespoon pumpkin seed cake, 1 level tablespoon sesame seed cake, 1 level tablespoon flaxseed meal, 1 level tablespoon hempseed meal, 1 level tablespoon sunflower seed meal, 1 level tablespoon pumpkin seed meal, 1 level tablespoon sesame seed meal, 1 level tablespoon flaxseed bran, 1 level tablespoon hempseed bran, 1 level tablespoon sunflower seed bran, 1 level tablespoon pumpkin seed bran, 1 level tablespoon sesame seed bran, 1 level tablespoon flaxseed hulls, 1 level tablespoon hempseed hulls, 1 level tablespoon sunflower seed hulls, 1 level tablespoon pumpkin seed hulls, 1 level tablespoon sesame seed hulls, 1 level tablespoon flaxseed cake, 1 level tablespoon hempseed cake, 1 level tablespoon sunflower seed cake, 1 level tablespoon pumpkin seed cake, 1 level tablespoon sesame seed cake, 1 level tablespoon flaxseed meal, 1 level tablespoon hempseed meal, 1 level tablespoon sunflower seed meal, 1 level tablespoon pumpkin seed meal, 1 level tablespoon sesame seed meal, 1 level tablespoon flaxseed bran, 1 level tablespoon hempseed bran, 1 level tablespoon sunflower seed bran, 1 level tablespoon pumpkin seed bran, 1 level tablespoon sesame seed bran, 1 level tablespoon flaxseed hulls, 1 level tablespoon hempseed hulls, 1 level tablespoon sunflower seed hulls, 1 level tablespoon pumpkin seed hulls, 1 level tablespoon sesame seed hulls, 1 level tablespoon flaxseed cake, 1 level tablespoon hempseed cake, 1 level tablespoon sunflower seed cake, 1 level tablespoon pumpkin seed cake, 1 level tablespoon sesame seed cake, 1 level tablespoon flaxseed meal, 1 level tablespoon hempseed meal, 1 level tablespoon sunflower seed meal, 1 level tablespoon pumpkin seed meal, 1 level tablespoon sesame seed meal, 1 level tablespoon flaxseed bran, 1 level tablespoon hempseed bran, 1 level tablespoon sunflower seed bran, 1 level tablespoon pumpkin seed bran, 1 level tablespoon sesame seed bran, 1 level tablespoon flaxseed hulls, 1 level tablespoon hempseed hulls, 1 level tablespoon sunflower seed hulls, 1 level tablespoon pumpkin seed hulls, 1 level tablespoon sesame seed hulls, 1 level tablespoon flaxseed cake, 1 level tablespoon hempseed cake, 1 level tablespoon sunflower seed cake, 1 level tablespoon pumpkin seed cake, 1 level tablespoon sesame seed cake, 1 level tablespoon flaxseed meal, 1 level tablespoon hempseed meal, 1 level tablespoon sunflower seed meal, 1 level tablespoon pumpkin seed meal, 1 level tablespoon sesame seed meal, 1 level tablespoon flaxseed bran, 1 level tablespoon hempseed bran, 1 level tablespoon sunflower seed bran, 1 level tablespoon pumpkin seed bran, 1 level tablespoon sesame seed bran, 1 level tablespoon flaxseed hulls, 1 level tablespoon hempseed hulls, 1 level tablespoon sunflower seed hulls, 1 level tablespoon pumpkin seed hulls, 1 level tablespoon sesame seed hulls, 1 level tablespoon flaxseed cake, 1 level tablespoon hempseed cake, 1 level tablespoon sunflower seed cake, 1 level tablespoon pumpkin seed cake, 1 level tablespoon sesame seed cake, 1 level tablespoon flaxseed meal, 1 level tablespoon hempseed meal, 1 level tablespoon sunflower seed meal, 1 level tablespoon pumpkin seed meal, 1 level tablespoon sesame seed meal, 1 level tablespoon flaxseed bran, 1 level tablespoon hempseed bran, 1 level tablespoon sunflower seed bran, 1 level tablespoon pumpkin seed bran, 1 level tablespoon sesame seed bran, 1 level tablespoon flaxseed hulls, 1 level tablespoon hempseed hulls, 1 level tablespoon sunflower seed hulls, 1 level tablespoon pumpkin seed hulls, 1 level tablespoon sesame seed hulls, 1 level tablespoon flaxseed cake, 1 level tablespoon hempseed cake, 1 level tablespoon sunflower seed cake, 1 level tablespoon pumpkin seed cake, 1 level tablespoon sesame seed cake, 1 level tablespoon flaxseed meal, 1 level tablespoon hempseed meal, 1 level tablespoon sunflower seed meal, 1 level tablespoon pumpkin seed meal, 1 level tablespoon sesame seed meal, 1 level tablespoon flaxseed bran, 1 level tablespoon hempseed bran, 1 level tablespoon sunflower seed bran, 1 level tablespoon pumpkin seed bran, 1 level tablespoon sesame seed bran, 1 level tablespoon flaxseed hulls, 1 level tablespoon hempseed hulls, 1 level tablespoon sunflower seed hulls, 1 level tablespoon pumpkin seed hulls, 1 level tablespoon sesame seed hulls, 1 level tablespoon flaxseed cake, 1 level tablespoon hempseed cake, 1 level tablespoon sunflower seed cake, 1 level tablespoon pumpkin seed cake, 1 level tablespoon sesame seed cake, 1 level tablespoon flaxseed meal, 1 level tablespoon hempseed meal, 1 level tablespoon sunflower seed meal, 1 level tablespoon pumpkin seed meal, 1 level tablespoon sesame seed meal, 1 level tablespoon flaxseed bran, 1 level tablespoon hempseed bran, 1 level tablespoon sunflower seed bran, 1 level tablespoon pumpkin seed bran, 1 level tablespoon sesame seed bran, 1 level tablespoon flaxseed hulls, 1 level tablespoon hempseed hulls, 1 level tablespoon sunflower seed hulls, 1 level tablespoon pumpkin seed hulls, 1 level tablespoon sesame seed hulls, 1 level tablespoon flaxseed cake, 1 level tablespoon hempseed cake, 1 level tablespoon sunflower seed cake, 1 level tablespoon pumpkin seed cake, 1 level tablespoon sesame seed cake, 1 level tablespoon flaxseed meal, 1 level tablespoon hempseed meal, 1 level tablespoon sunflower seed meal, 1 level tablespoon pumpkin seed meal, 1 level tablespoon sesame seed meal, 1 level tablespoon flaxseed bran, 1 level tablespoon hempseed bran, 1 level tablespoon sunflower seed bran, 1 level tablespoon pumpkin seed bran, 1 level tablespoon sesame seed bran, 1 level tablespoon flaxseed hulls, 1 level tablespoon hempseed hulls, 1 level tablespoon sunflower seed hulls, 1 level tablespoon pumpkin seed hulls, 1 level tablespoon sesame seed hulls, 1 level tablespoon flaxseed cake, 1 level tablespoon hempseed cake, 1 level tablespoon sunflower seed cake, 1 level tablespoon pumpkin seed cake, 1 level tablespoon sesame seed cake, 1 level tablespoon flaxseed meal, 1 level tablespoon hempseed meal, 1 level tablespoon sunflower seed meal, 1 level tablespoon pumpkin seed meal, 1 level tablespoon sesame seed meal, 1 level tablespoon flaxseed bran, 1 level tablespoon hempseed bran, 1 level tablespoon sunflower seed bran, 1 level tablespoon pumpkin seed bran, 1 level tablespoon sesame seed bran, 1 level tablespoon flaxseed hulls, 1 level tablespoon hempseed hulls, 1 level tablespoon sunflower seed hulls, 1 level tablespoon pumpkin seed hulls, 1 level tablespoon sesame seed hulls, 1 level tablespoon flaxseed cake, 1 level tablespoon hempseed cake, 1 level tablespoon sunflower seed cake, 1 level tablespoon pumpkin seed cake, 1 level tablespoon sesame seed cake, 1 level tablespoon flaxseed meal, 1 level tablespoon hempseed meal, 1 level tablespoon sunflower seed meal, 1 level tablespoon pumpkin seed meal, 1 level tablespoon sesame seed meal, 1 level tablespoon flaxseed bran, 1 level tablespoon hempseed bran, 1 level tablespoon sunflower seed bran, 1 level tablespoon pumpkin seed bran, 1 level tablespoon sesame seed bran, 1 level tablespoon flaxseed hulls, 1 level tablespoon hempseed hulls, 1 level tablespoon sunflower seed hulls, 1 level tablespoon pumpkin seed hulls, 1 level tablespoon sesame seed hulls, 1 level tablespoon flaxseed cake, 1 level tablespoon hempseed cake, 1 level tablespoon sunflower seed cake, 1 level tablespoon pumpkin seed cake, 1 level tablespoon sesame seed cake, 1 level tablespoon flaxseed meal, 1 level tablespoon hempseed meal, 1 level tablespoon sunflower seed meal, 1 level tablespoon pumpkin seed meal, 1 level tablespoon sesame seed meal, 1 level tablespoon flaxseed bran, 1 level tablespoon hempseed bran, 1 level tablespoon sunflower seed bran, 1 level tablespoon pumpkin seed bran, 1 level tablespoon sesame seed bran, 1 level tablespoon flaxseed hulls, 1 level tablespoon hempseed hulls, 1 level tablespoon sunflower seed hulls, 1 level tablespoon pumpkin seed hulls, 1 level tablespoon sesame seed hulls, 1 level tablespoon flaxseed cake, 1 level tablespoon hempseed cake, 1 level tablespoon sunflower seed cake, 1 level tablespoon pumpkin seed cake, 1 level tablespoon sesame seed cake, 1 level tablespoon flaxseed meal, 1 level tablespoon hempseed meal, 1 level tablespoon sunflower seed meal, 1 level tablespoon pumpkin seed meal, 1 level tablespoon sesame seed meal, 1 level tablespoon flaxseed bran, 1 level tablespoon hempseed bran, 1 level tablespoon sunflower seed bran, 1 level tablespoon pumpkin seed bran, 1 level tablespoon sesame seed bran, 1 level tablespoon flaxseed hulls, 1 level tablespoon hempseed hulls, 1 level tablespoon sunflower seed hulls, 1 level tablespoon pumpkin seed hulls, 1 level tablespoon sesame seed hulls, 1 level tablespoon flaxseed cake, 1 level tablespoon hempseed cake, 1 level tablespoon sunflower seed cake, 1 level tablespoon pumpkin seed cake, 1 level tablespoon sesame seed cake, 1 level tablespoon flaxseed meal, 1 level tablespoon hempseed meal, 1 level tablespoon sunflower seed meal, 1 level tablespoon pumpkin seed meal, 1 level tablespoon sesame seed meal, 1 level tablespoon flaxseed bran, 1 level tablespoon hempseed bran, 1 level tablespoon sunflower seed bran, 1 level tablespoon pumpkin seed bran, 1 level tablespoon sesame seed bran, 1 level tablespoon flaxseed hulls, 1 level tablespoon hempseed hulls, 1 level tablespoon sunflower seed hulls, 1 level tablespoon pumpkin seed hulls, 1 level tablespoon sesame seed hulls, 1 level tablespoon flaxseed cake, 1 level tablespoon hempseed cake, 1 level tablespoon sunflower seed cake, 1 level tablespoon pumpkin seed cake, 1 level tablespoon sesame seed cake, 1 level tablespoon flaxseed meal, 1 level tablespoon hempseed meal, 1 level tablespoon sunflower seed meal, 1 level tablespoon pumpkin seed meal, 1 level tablespoon sesame seed meal, 1 level tablespoon flaxseed bran, 1 level tablespoon hempseed bran, 1 level tablespoon sunflower seed bran, 1 level tablespoon pumpkin seed bran, 1 level tablespoon sesame seed bran, 1 level tablespoon flaxseed hulls, 1 level tablespoon hempseed hulls, 1 level tablespoon sunflower seed hulls, 1 level tablespoon pumpkin seed hulls, 1 level tablespoon sesame seed hulls, 1 level tablespoon flaxseed cake, 1 level tablespoon hempseed cake, 1 level tablespoon sunflower seed cake, 1 level tablespoon pumpkin seed cake, 1 level tablespoon sesame seed cake, 1 level tablespoon flaxseed meal, 1 level tablespoon hempseed meal, 1 level tablespoon sunflower seed meal, 1 level tablespoon pumpkin seed meal, 1 level tablespoon sesame seed meal, 1 level tablespoon flaxseed bran, 1 level tablespoon hempseed bran, 1 level tablespoon sunflower seed bran, 1 level tablespoon pumpkin seed bran, 1 level tablespoon sesame seed bran, 1 level tablespoon flaxseed hulls, 1 level tablespoon hempseed hulls, 1 level tablespoon sunflower seed hulls, 1 level tablespoon pumpkin seed hulls, 1 level tablespoon sesame seed hulls, 1 level tablespoon flaxseed cake, 1 level tablespoon hempseed cake, 1 level tablespoon sunflower seed cake, 1 level tablespoon pumpkin seed cake, 1 level tablespoon sesame seed cake, 1 level tablespoon flaxseed meal, 1 level tablespoon hempseed meal, 1 level tablespoon sunflower seed meal, 1 level tablespoon pumpkin seed meal, 1 level tablespoon sesame seed meal, 1 level tablespoon flaxseed bran, 1 level tablespoon hempseed bran, 1 level tablespoon sunflower seed bran, 1 level tablespoon pumpkin seed bran, 1 level tablespoon sesame seed bran, 1 level tablespoon flaxseed hulls, 1 level tablespoon hempseed hulls, 1 level tablespoon sunflower seed hulls, 1 level tablespoon pumpkin seed hulls, 1 level tablespoon sesame seed hulls, 1 level tablespoon flaxseed cake, 1 level tablespoon hempseed cake, 1 level tablespoon sunflower seed cake, 1 level tablespoon pumpkin seed cake, 1 level tablespoon sesame seed cake, 1 level tablespoon flaxseed meal, 1 level tablespoon hempseed meal, 1 level tablespoon sunflower seed meal, 1 level tablespoon pumpkin seed meal, 1 level tablespoon sesame seed meal, 1 level tablespoon flaxseed bran, 1 level tablespoon hempseed bran, 1 level tablespoon sunflower seed bran, 1 level tablespoon pumpkin seed bran, 1 level tablespoon sesame seed bran, 1 level tablespoon flaxseed hulls, 1 level tablespoon hempseed hulls, 1 level tablespoon sunflower seed hulls, 1 level tablespoon pumpkin seed hulls, 1 level tablespoon sesame seed hulls, 1 level tablespoon flaxseed cake, 1 level tablespoon hempseed cake, 1 level tablespoon sunflower seed cake, 1 level tablespoon pumpkin seed cake, 1 level tablespoon sesame seed cake, 1 level tablespoon flaxseed meal, 1 level tablespoon hempseed meal, 1 level tablespoon sunflower seed meal, 1 level tablespoon pumpkin seed meal, 1 level tablespoon sesame seed meal, 1 level tablespoon flaxseed bran, 1 level tablespoon hempseed bran, 1 level tablespoon sunflower seed bran, 1 level tablespoon pumpkin seed bran, 1 level tablespoon sesame seed bran, 1 level tablespoon flaxseed hulls, 1 level tablespoon hempseed hulls, 1 level tablespoon sunflower seed hulls, 1 level tablespoon pumpkin seed hulls, 1 level tablespoon sesame seed hulls, 1 level tablespoon flaxseed cake, 1 level tablespoon hempseed cake, 1 level tablespoon sunflower seed cake, 1 level tablespoon pumpkin seed cake, 1 level tablespoon sesame seed cake, 1 level tablespoon flaxseed meal, 1 level tablespoon hempseed meal, 1 level tablespoon sunflower seed meal, 1 level tablespoon pumpkin seed meal, 1 level tablespoon sesame seed meal, 1 level tablespoon flaxseed bran, 1 level tablespoon hempseed bran, 1 level tablespoon sunflower seed bran, 1 level tablespoon pumpkin seed bran, 1 level tablespoon sesame seed bran, 1 level tablespoon flaxseed hulls, 1 level tablespoon hempseed hulls, 1 level tablespoon sunflower seed hulls, 1 level tablespoon pumpkin seed hulls, 1 level tablespoon sesame seed hulls, 1 level tablespoon flaxseed cake, 1 level tablespoon hempseed cake, 1 level tablespoon sunflower seed cake, 1 level tablespoon pumpkin seed cake, 1 level tablespoon sesame seed cake, 1 level tablespoon flaxseed meal, 1 level tablespoon hempseed meal, 1 level tablespoon sunflower seed meal, 1 level tablespoon pumpkin seed meal, 1 level tablespoon sesame seed meal, 1 level tablespoon flaxseed bran, 1 level tablespoon hempseed bran, 1 level tablespoon sunflower seed bran, 1 level tablespoon pumpkin seed bran, 1 level tablespoon sesame seed bran, 1 level tablespoon flaxseed hulls, 1 level tablespoon hempseed hulls, 1 level tablespoon sunflower seed hulls, 1 level tablespoon pumpkin seed hulls, 1 level tablespoon sesame seed hulls, 1 level tablespoon flaxseed cake, 1 level tablespoon hempseed cake, 1 level tablespoon sunflower seed cake, 1 level tablespoon pumpkin seed cake, 1 level tablespoon sesame seed cake, 1 level tablespoon flaxseed meal, 1 level tablespoon hempseed meal, 1 level tablespoon sunflower seed meal, 1 level tablespoon pumpkin seed meal, 1 level tablespoon sesame seed meal, 1 level tablespoon flaxseed bran, 1 level tablespoon hempseed bran, 1 level tablespoon sunflower seed bran, 1 level tablespoon pumpkin seed bran, 1 level tablespoon sesame seed bran, 1 level tablespoon flaxseed hulls, 1 level tablespoon hempseed hulls, 1 level tablespoon sunflower seed hulls, 1 level tablespoon pumpkin seed hulls, 1 level tablespoon sesame seed hulls, 1 level tablespoon flaxseed cake, 1 level tablespoon hempseed cake, 1 level tablespoon sunflower seed cake, 1 level tablespoon pumpkin seed cake, 1 level tablespoon sesame seed cake, 1 level tablespoon flaxseed meal, 1 level tablespoon hempseed meal, 1 level tablespoon sunflower seed meal, 1 level tablespoon pumpkin seed meal, 1 level tablespoon sesame seed meal, 1 level tablespoon flaxseed bran, 1 level tablespoon hempseed bran, 1 level tablespoon sunflower seed bran, 1 level tablespoon pumpkin seed bran, 1 level tablespoon sesame seed bran, 1 level tablespoon flaxseed hulls, 1 level tablespoon hempseed hulls, 1 level tablespoon sunflower seed hulls, 1 level tablespoon pumpkin seed hulls, 1 level tablespoon sesame seed hulls, 1 level tablespoon flaxseed cake, 1 level tablespoon hempseed cake, 1 level tablespoon sunflower seed cake, 1 level tablespoon pumpkin seed cake, 1 level tablespoon sesame seed cake, 1 level tablespoon flaxseed meal, 1 level tablespoon hempseed meal, 1 level tablespoon sunflower seed meal, 1 level tablespoon pumpkin seed meal, 1 level tablespoon sesame seed meal, 1 level tablespoon flaxseed bran, 1 level tablespoon hempseed bran, 1 level tablespoon sunflower seed bran, 1 level tablespoon pumpkin seed bran, 1 level tablespoon sesame seed bran, 1 level tablespoon flaxseed hulls, 1 level tablespoon hempseed hulls, 1 level tablespoon sunflower seed hulls, 1 level tablespoon pumpkin seed hulls, 1 level tablespoon sesame seed hulls, 1 level tablespoon flaxseed cake, 1 level tablespoon hempseed cake, 1 level tablespoon sunflower seed cake, 1 level tablespoon pumpkin seed cake, 1 level tablespoon sesame seed cake, 1 level tablespoon flaxseed meal, 1 level tablespoon hempseed meal, 1 level tablespoon sunflower seed meal, 1 level tablespoon pumpkin seed meal, 1 level tablespoon sesame seed meal, 1 level tablespoon flaxseed bran, 1 level tablespoon hempseed bran, 1 level tablespoon sunflower seed bran, 1 level tablespoon pumpkin seed bran, 1 level tablespoon sesame seed bran, 1 level tablespoon flaxseed hulls, 1 level tablespoon hempseed hulls, 1 level tablespoon sunflower seed hulls, 1 level tablespoon pumpkin seed hulls, 1 level tablespoon sesame seed hulls, 1 level tablespoon flaxseed cake, 1 level tablespoon hempseed cake, 1 level tablespoon sunflower seed cake, 1 level tablespoon pumpkin seed cake, 1 level tablespoon sesame seed cake, 1 level tablespoon flaxseed meal, 1 level tablespoon hempseed meal, 1 level tablespoon sunflower seed meal, 1 level tablespoon pumpkin seed meal, 1 level tablespoon sesame seed meal, 1 level tablespoon flaxseed bran, 1 level tablespoon hempseed bran, 1 level tablespoon sunflower seed bran, 1 level tablespoon pumpkin seed bran, 1 level tablespoon sesame seed bran, 1 level tablespoon flaxseed hulls, 1 level tablespoon hempseed hulls, 1 level tablespoon sunflower seed hulls, 1 level tablespoon pumpkin seed hulls, 1 level tablespoon sesame seed hulls, 1 level tablespoon flaxseed cake, 1 level tablespoon hempseed cake, 1 level tablespoon sunflower seed cake, 1 level tablespoon pumpkin seed cake, 1 level tablespoon sesame seed cake, 1 level tablespoon flaxseed meal, 1 level tablespoon hempseed meal, 1 level tablespoon sunflower seed meal, 1 level tablespoon pumpkin seed meal, 1 level tablespoon sesame seed meal, 1 level tablespoon flaxseed bran, 1 level tablespoon hempseed bran, 1 level tablespoon sunflower seed bran, 1 level tablespoon pumpkin seed bran, 1 level tablespoon sesame seed bran, 1 level tablespoon flaxseed hulls, 1 level tablespoon hempseed hulls, 1 level tablespoon sunflower seed hulls, 1 level tablespoon pumpkin seed hulls, 1 level tablespoon sesame seed hulls, 1 level tablespoon flaxseed cake, 1 level tablespoon hempseed cake, 1 level tablespoon sunflower seed cake, 1 level tablespoon pumpkin seed cake, 1 level tablespoon sesame seed cake, 1 level tablespoon flaxseed meal, 1 level tablespoon hempseed meal, 1 level tablespoon sunflower seed meal, 1 level tablespoon pumpkin seed meal, 1 level tablespoon sesame seed meal, 1 level tablespoon flaxseed bran, 1 level tablespoon hempseed bran, 1 level tablespoon sunflower seed bran, 1 level tablespoon pumpkin seed bran, 1 level tablespoon sesame seed bran, 1 level tablespoon flaxseed hulls, 1 level tablespoon hempseed hulls, 1 level tablespoon sunflower seed hulls, 1 level tablespoon pumpkin seed hulls, 1 level tablespoon sesame seed hulls, 1 level tablespoon flaxseed cake, 1 level tablespoon hempseed cake, 1 level tablespoon sunflower seed cake, 1 level tablespoon pumpkin seed cake, 1 level tablespoon sesame seed cake, 1 level tablespoon flaxseed meal, 1 level tablespoon hempseed meal, 1 level tablespoon sunflower seed meal, 1 level tablespoon pumpkin seed meal, 1 level tablespoon sesame seed meal, 1 level tablespoon flaxseed bran, 1 level tablespoon hempseed bran, 1 level tablespoon sunflower seed bran, 1 level tablespoon pumpkin seed bran, 1 level tablespoon sesame seed bran, 1 level tablespoon flaxseed hulls, 1 level tablespoon hempseed hulls, 1 level tablespoon sunflower seed hulls, 1 level tablespoon pumpkin seed hulls, 1 level tablespoon sesame seed hulls, 1 level tablespoon flaxseed cake, 1 level tablespoon hempseed cake, 1 level tablespoon sunflower seed cake, 1 level tablespoon pumpkin seed cake, 1 level tablespoon sesame seed cake, 1 level tablespoon flaxseed meal, 1 level tablespoon hempseed meal, 1 level tablespoon sunflower seed meal, 1 level tablespoon pumpkin seed meal, 1 level tablespoon sesame seed meal, 1 level tablespoon flaxseed bran, 1 level tablespoon hempseed bran, 1 level tablespoon sunflower seed bran, 1 level tablespoon pumpkin seed bran, 1 level tablespoon sesame seed bran, 1 level tablespoon flaxseed hulls, 1 level tablespoon hempseed hulls, 1 level tablespoon sunflower seed hulls, 1 level tablespoon pumpkin seed hulls, 1 level tablespoon sesame seed hulls, 1 level tablespoon flaxseed cake, 1 level tablespoon hempseed cake, 1 level tablespoon sunflower seed cake,